

# Check it out!

## A Predeployment Checklist for Couples

**Preparation and communication are the keys to having a positive deployment experience. Planning ahead can prevent partners at home from feeling they have to handle it all alone and service members from worrying about things left undone.**

**Use this checklist for discussing what you need to take care of BEFORE the deployment begins.**



### Practical Preparation

- ☐ Dependent ID cards (DEERS verification 1-800-538-9552)
- ☐ Vehicles
  - ☐ Insurance
  - ☐ Registration/Title
  - ☐ City sticker
  - ☐ Base sticker
  - ☐ Inspection
  - ☐ Maintenance
  - ☐ Spouse knows: Tire type and size, oil, battery type, and name of mechanic
- ☐ Wills
- ☐ Power of attorney
- ☐ Updated SGLI
- ☐ Updated Page 2
- ☐ Email Addresses

### Financial Preparation

- ☐ Establish a spending plan
- ☐ Once-a-year expenses: personal property, insurance, etc.
- ☐ Utility bills
- ☐ Phone bills (limit on long-distance expenses)
- ☐ Credit card limits for each spouse
- ☐ Budget for gifts/souvenirs, liberty port visits
- ☐ Two separate checking accounts
- ☐ Allotments
- ☐ Direct deposit with split pay
- ☐ Establish savings accounts
- ☐ Set up emergency funds

## Emergency Plans

- ☐ Know location of important papers.
- ☐ Set up a plan for emergency care for family members before a situation arises. This will be one less worry for you if an emergency should happen.
- ☐ Someone other than your spouse should have the following information about the active duty member:

Name: \_\_\_\_\_

Rate/Rank: \_\_\_\_\_

Command address: \_\_\_\_\_

SSN: \_\_\_\_\_

## Coping Strategies

- ☐ Plan your days and weeks. Be in charge instead of just letting things happen to you. Alter your attitude to live life each day.
- ☐ Become aware of your support systems: family, friends, family support group, place of worship.
- ☐ Keep physically active. Exercise is a great way to chase the blues away and help you deal with stress.
- ☐ Take good care of yourself and look good.
- ☐ Learn to enjoy time alone. Get to know and appreciate yourself.
- ☐ Learn a new skill. Take a class, get a job, or go back to school.
- ☐ If you use this time wisely, you will have many positive things to talk about both during the deployment and at homecoming.

## Phone Numbers

Command \_\_\_\_\_ Careline \_\_\_\_\_

Ombudsman Name \_\_\_\_\_ Phone number \_\_\_\_\_

Navy-Marine Corps Relief ..... 423-8830 Red Cross ..... 1-877-272-7337



WEBSITE: [www.ffscnorva.navy.mil](http://www.ffscnorva.navy.mil)

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